

OCTOBER 2022

All students who wish to order breakfast and/or lunch **MUST** complete a Meal Order Form by Monday, September 26, 2022.

You can always grab breakfast in your classroom. Breakfast includes an entrée (consisting of 1 or 2 items), fruit, 100% fruit juice & milk.

*No duplicates on cereal or yogurt
BIC Schools Have Daily Cereal Option

ACE'S CORNER

Breakfast Prices

Paid: \$1.35

Reduced: \$0.30

Lunch Prices

Paid: \$2.35

Reduced: \$0.40

Cheese Sandwich is offered at lunch daily

Salad bars are back & available daily!

****Menus are subject to change.**

Due to labor & product shortages resulting from the pandemic, expect menu adjustments.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cereal Bowl 3 WG Graham Crackers Apple Slices <hr/> Salisbury Steak with Gravy Dinner Roll Mashed Potatoes Soybutter & Jelly Sandwich Meal	WG Oatmeal Raisin 4 BeneFIT Bar Raisins <hr/> WG Chicken Nuggets WG Crackers Baked Beans (Vegetarian) Soybutter & Jelly Sandwich Meal	WG Glazed Donut 5 Applesauce Cup <hr/> WG Cheese Quesadilla Sliced Carrots Soybutter & Jelly Sandwich Meal	WG Muffin 6 Vanilla Yogurt Cup Strawberries <hr/> WG Bosco Cheese Sticks Marinara Sauce Mixed Vegetables Soybutter & Jelly Sandwich Meal	WG Bagel with Cream Cheese 7 Banana <hr/> Pepperoni Calzone Roasted Cauliflower Soybutter & Jelly Sandwich Meal
Cereal Bowl 10 WG Graham Crackers Apple <hr/> Breaded Chicken Drumstick WG Biscuit Mixed Vegetables Soybutter & Jelly Sandwich Meal <i>National School Lunch Week!</i>	WG UBR Breakfast Round 11 Pear <hr/> Beef Taco Totchos Sweet Golden Corn Soybutter & Jelly Sandwich Meal <i>New Promotional Item!</i>	WG Apple Frudel 12 Applesauce Cup <hr/> Sweet & Sour Chicken WG Rice Steamed Broccoli Soybutter & Jelly Sandwich Meal	WG French Toast BeneFIT Bar 13 Raisins <hr/> WG Mini Pancakes with Syrup Cup Turkey Sausage Patty Sweet Potato Fries Soybutter & Jelly Sandwich Meal	Strawberry Banana Yogurt Cup 14 WG Scooby Doo Crackers Banana <hr/> WG Cheese Pizza Seasoned Green Beans Soybutter & Jelly Sandwich Meal
WG Cereal Bar 17 WG Animal Crackers Pear <hr/> Rotini with Marinara Sauce WG Breadstick Shoestring French Fries Soybutter & Jelly Sandwich Meal <i>National Pasta Day</i>	WG Mini Cinnis 18 Strawberry Craisins <hr/> Popcorn Chicken Bowl WG Crackers Sweet Golden Corn Soybutter & Jelly Sandwich Meal	WG Mini Pancakes 19 Apple Slices <hr/> Cheese Ravioli with Marinara Sauce WG Breadstick Roasted Squash Soybutter & Jelly Sandwich Meal	WG Chocolate Chip Muffin 20 Banana <hr/> Hot Dog on a WG Bun Baked Beans (Vegetarian) Soybutter & Jelly Sandwich Meal	WG Mini Waffles 21 Raisins <hr/> WG Three Cheese French Bread Pizza Steamed Cauliflower Soybutter & Jelly Sandwich Meal
Cereal Bowl 24 WG Graham Crackers Apple <hr/> WG Bosco Cheese Sticks Marinara Sauce Sliced Carrots Soybutter & Jelly Sandwich Meal	WG Oatmeal Chocolate Chip 25 BeneFIT Bar Raisins <hr/> Chicken Alfredo WG Dinner Roll Roasted Zucchini Squash Soybutter & Jelly Sandwich Meal	WG Banana Bread Slice 26 Applesauce Cup <hr/> Beef Soft Tacos Mexicali Corn Soybutter & Jelly Sandwich Meal	WG Mini Cream Cheese 27 Bagels Banana <hr/> Elementary Half Day No Lunch	WG Nutri-Grain Bar 28 String Cheese Sliced Peach Cup <hr/> WG Cheese Flatbread Steamed Broccoli Soybutter & Jelly Sandwich Meal
WG Cereal Bar 31 WG Animal Crackers Pear <hr/> WG Chicken Corn Dog Eeek! Orange Cream Treat Baked Beans (Vegetarian) Soybutter & Jelly Sandwich Meal Early Release Day			<p>Now Hiring!! Food Service is Hiring! Work While Kids are in School Great Benefits Apply online @ www.fraser.k12.mi.us</p>	<p>ATTENTION PARENTS! Remember, regardless of whether you qualify for free, reduced or full pay meals you MUST submit a Meal Order Form each month for your child.</p>

HOW 'BOUT THEM APPLES?

Perfect for snacking, the Gala apple is one of only a few types of apples that are able to grow despite the mild winters in Texas. Gala apples are known for having pinkish-red stripes over a lighter yellow (appearing orange-red in color) with a crisp, sweet flavor. An apple a day really does keep the doctor away since they are full of nutrients such as potassium, vitamin C, fiber, and antioxidants. But don't peel the skin! Most of an apple's vitamins are in the skin. While apple trees need four to five years before they grow apples, these trees live to be up to 100 years old!

'TIS THE SEASON FOR APPLE PICKING!

HERE ARE A FEW POPULAR CHOICES FOR MAKING YOUR FAVORITE FALL TREATS:

- Beauty is in the Pie of the Beholder: The Fuji, Granny Smith, Yellow Delicious, and Red Delicious are the most popular apples for baking.
- Sauce Bosses: Jonathan, McIntosh, and Winesap apples make great applesauce and apple jelly because of their soft flesh, which is the pale part under the outer peel.
- In-Cider Scoop: Gala and Pippin apples are crisp and sweet—great for apple cider.



ACE'S JOKE OF THE MONTH

Q. WHAT KIND OF APPLE IS NOT AN APPLE?

SEE ANSWER BELOW



APPLE OF YOUR EYE...

NOT ALL APPLES ARE ALIKE.

There are over 7,500 different types of apples grown in the world. Some are red, yellow, or green. Some apples are sweeter, while others are crunchier, but one thing is for sure...there are no bad apples here!

ACTIVITY: APPLES TO APPLES

Guess the name of each apple. Choose from the types below. Each name will only be used once.

GALA

GOLDEN DELICIOUS

GRANNY SMITH

MCINTOSH

RED DELICIOUS

SEE ANSWER BELOW



1. _____



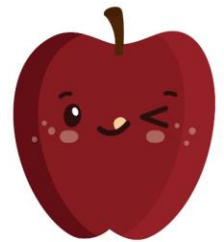
2. _____



3. _____



4. _____



5. _____